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Institutional Publications

Peacock Pride (Ombudsman Publication)

2012-12

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Brandt, Kate

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PEACOCK PRIDE

Official Newsletter of the Naval Postgraduate School Ombudsman
December 2012

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Colonel Zoe M. Hale, USAF

Dean of Students

CAPT Matt "Dutch" Vandersluis

Command Ombudsman

Kate Brandt

Cell: 831-238-4394

npsombudsman@gmail.com

The command wants family members to have a contact person for just about any questions you may have.

I am available for Emergencies
24 Hours and Non-Emergencies
8 am-9 pm.

*The future belongs to those
who believe in the beauty of
their dreams.*

—Eleanor Roosevelt

*Merry
Christmas!*



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WHO IS THE OMBUDSMAN?

Appointed by the Command, Ombudsmen are volunteers and spouses of service members within the command. As an official command representative, the Ombudsman is a point of contact for all family members connected to the command - including spouses, parents, and extended family members. The Ombudsman Code of Ethics guarantees professionalism and confidentiality, within program guidelines.



Ombudsmen maintain current resource files with information on military and civilian community agencies that can help families solve a variety of problems, and successfully meet the challenges they face before, during, and after deployments. In addition to providing referral information, Ombudsmen can facilitate communication between the Command and family members. Ombudsmen may publish or contribute to command newsletters. Ombudsmen can also assist families in contacting the Command for a variety of reasons.

FROM THE OMBUDSMAN.....

Dear Families,

First, I want to thank all the service members for keeping us safe. I second want to thank the families for adjusting their everyday lives to support their spouses when called upon to serve.

As always, I am here for you and your families. If you have heard of any military or family programs and would like more information, or you have a question or concern about *anything*, please feel free to contact me at **831-238-4394 or npsombudsman@gmail.com**. Contact me and I will help you find the answers to your questions or concerns.

If it is important to you, it is important to me.

Kate Brandt
NPS Command Ombudsman



Emergency Numbers

NPS Police 831- 656-2555

NPS Quarterdeck 831-656-2441

Police - Monterey 831-646-3914

Red Cross

(831) 424-4824 (Salinas)

(831) 624-6921 (Carmel)

<http://www.redcross.org>

Military One Source

Available 24/7

1-800-342-9647

www.militaryonesource.com

DEERS

1-800-538-9552

Fleet Family Support Center

831-656-3060

TRICARE DENTAL PROGRAM

www.tricare dental program.com

TRICARE

<https://www.tricare.mil>

Navy SAFE HARBOR:

1-877-746-8563

safeharbor@navy.mil

www.safeharbor.navy.mil

Chaplain Office

831-656-2241

tpHall@nps.edu

NPS Homepage

www.nps.edu

ID Card Office

(831) 656-3477 or

(831) 656-1174

PSD Office

(831) 656-1847/ 48

Handling Holiday Stress

This time of year is traditionally a time of gathering with friends and family to celebrate, connect, and enjoy each other's company. Unfortunately the stressors of travel, time, money, and even the weather can dampen even the most festive mood. Military families can also have the additional stress of deployments and duty stations far from home, creating the debate of hours of stressful travel vs. being away from the routines of the season. Those blessed enough to be near friends and family may feel overwhelmed by expectations that negatively impact themselves and loved ones. Here are some tips for easing those stressors. To find more, check out [Military OneSource.com](http://MilitaryOneSource.com)

Setting a holiday budget

The first step in controlling holiday expenses is deciding exactly how much you can afford to spend. There are four main areas in which most people spend: gifts, entertaining, travel, and decorating. And each one comes with hidden expenses. For example, gift-giving costs much more than the price of each gift. You also have to consider wrapping and, often, shipping costs. Also, take time to make a list of everyone you want to buy gifts for. I use

<http://lifehacker.com/5401610/make-holiday-shopping-simple-with-our-gift+planning-checklist>

Enjoying the Holidays with your Children...

1. Try to stick to routines

With all the excitement surrounding holidays, many children become overtired and wound up, skipping naps and meals, and not getting to bed on time. This can spoil their good time and yours. Your children will do best if you keep to regular routines, especially sleeping and eating routines. You may want to feed your children before a holiday party if you don't know when the meal will be served, or if you aren't sure your children will eat it. Suggest that you all take an afternoon nap if you'll be up late.

2. Build up to holidays slowly

During holidays that require a lot of planning, many parents are so busy they actually wind up spending less time than usual with their children. But if you spread out holiday rituals over several weeks, you can plan activities to bring your family together in relaxed and meaningful ways. This also helps prolong the pleasure of the holidays, since all the excitement and activity isn't concentrated in just one or two days.

If a parent is deployed, record a special holiday message or prepare a package to send. Try to involve your children in the planning and choosing of these rituals, and mark them on your calendar with stickers or drawings if your children are young.

3. Manage your children's expectations about gifts

Letting your children know in advance what to expect in general terms will help prevent a meltdown on the actual holiday. One way to begin the conversation about gifts is to ask your children to make a wish list of what they want most. Then let them know if any item is completely out of the question. If possible, it's best to explain: "I wish I could get you a new bike this year, but we can't afford it."

Looking back...

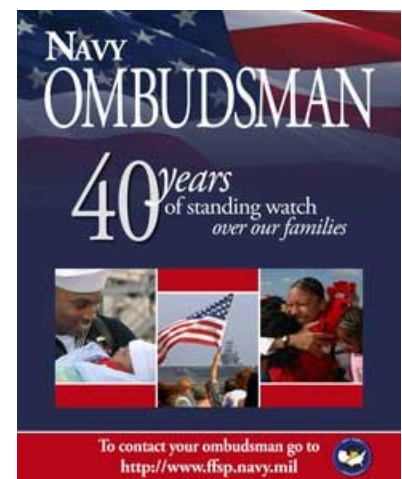
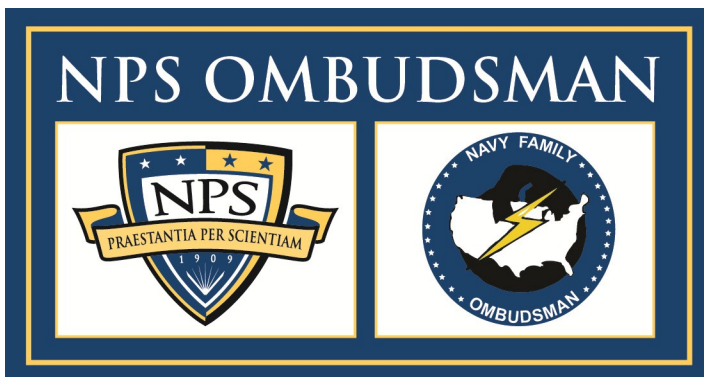
I have been an Ombudsman here at Naval Postgraduate School for the past sixteen months, and during that time I have had the privilege of serving families through both tough times and happy times, and been there to celebrate many special times. I have seen neighbors help neighbors, and strangers help strangers, all with the common goal of helping a family in need. But through it all, I have met the most wonderful people and experienced how truly strong and resilient the military family is. Here are just a few of the things the Ombudsman Program has been able to achieve for Monterey families:

- Assist families with three pre-mature babies
- Answer Housing Questions
- Manage Emergency financial assistance
- Organize and assist with Meal Donations
- Assist Families dealing with loss
- Give Referrals and Resources for area community organizations
- Informational meetings with the Dean of Students and other Senior Leadership

If you or someone you know needs the assistance of the Ombudsman Program, please don't hesitate to contact me! I enjoy hearing from everyone this program serves and hope to meet everyone during our tour here together.

I wish everyone a very Merry Christmas and a safe and Happy New Year!

~ Kate



Exceptional Family Member Program Presents

SUPPORT GROUP

The Support Group meets the second Thursday of every month at 6 p.m. in the Army Community Service Gold Room. Free Childcare provided by Aptitude Habilitation Services until 8 p.m.

The evenings agenda includes:

Introductions 6:00–6:15 p.m. • **Presentations** 6:15–7:15 p.m.
Facilitated Support Group 7:15–8:00 p.m. • **Social** 8:00–Close

PRESENTATIONS		
SPEAKER	ORGANIZATION	DATE
Jason Braswell	JAG–Rights & Responsibilities for EFM's	October 11th
Jeff Gabrielson	Aptitude Habilitation Services, Inc.	November 8th
NA	Holiday Support Group Event, Potluck	December 13th
Kelli Hemenway	Special Needs Consortium	January 10th
Cindy Vierra	Monterey Recreation	February 7th
ACTIVITIES		
ACTIVITY	LOCATION	DATE/TIME
**Horses, Hope & Kids	220 J San Benancio Rd Salinas, Ca 93908	Every 1st & 3rd Saturday 10:00 a.m.–12:00 p.m.
Volunteer Meeting (Fondue Provided)	Call for location	1st Tuesday, Monthly 7:00–9:00 p.m.
*Halloween Bowling	Monterey Lanes	October 27th 2:00–4:00 p.m.
*Nature Program (30 child max)	Toro Park, Environmental Center	November 10th 9:30–11:30 a.m.
Children's Holiday Arts & Craft's Program	ACS Gold Room	December 1st 1:00–4:00 p.m.
*Free My Museum Tour (75 spots total)	Monterey	January 12th 5:30–7:30 p.m.



* **Pre-registration Required**

** Must be enrolled in EFMP and preregistered with the EFMP office for slot allocations.

*** Events and times subject to change. Call before the event for the latest information.

For more information please contact Linda Moseley at **242-7960** or **242-7660**
Be sure to visit our Facebook page at **www.facebook.com/presidioEFMP**

The Post Office and NORAD are already gearing up for Holiday Deliveries! To be sure your loved ones get their Holiday packages or lumps of coal in a timely manner check out the post office's Christmas mailing dates listed here:

2012 International and APO/FPO/DPO Christmas Mailing Dates

To ensure delivery of holiday cards and packages by December 25 to APO/FPO/DPO and international addresses overseas, we suggest that mail be entered by the recommended mailing dates listed below. Beat the last-minute rush and take your mail to your U.S. Post Office[®] by these suggested dates. And don't forget you can print postage, labels, and Customs forms online 24/7 using Click-N-Ship[®] service at www.usps.com/clicknship.

Remember, all mail addressed to military and diplomatic post offices overseas is subject to certain conditions or restrictions regarding content, preparation, and handling. APO/FPO/DPO addresses generally require Customs forms. To see a table of active APO/FPO/DPO ZIP Codes[™] and associated mailing restrictions, go to <http://pe.usps.com> and click *Postal Bulletins* in the blue sidebar. Go to the current issue and see the article "Overseas Military/Diplomatic Mail."

APO/FPO/DPO Mail Addressed To	Express Mail [®] Military Service (EMMS) ¹	First-Class Mail [®] Letters/Cards	Priority Mail [®]	Parcel Airlift Mail (PAL) ²	Space Available Mail (SAM) ³	Parcel Post [®]
APO/FPO/DPO AE ZIPs 090–092	Dec 17	Dec 10	Dec 10	Dec 3	Nov 26	Nov 13
APO/FPO/DPO AE ZIP 093	N/A	Dec 3	Dec 3	Nov 30	Nov 26	Nov 13
APO/FPO/DPO AE ZIPs 094–098	Dec 17	Dec 10	Dec 10	Dec 3	Nov 26	Nov 13
APO/FPO/DPO AA ZIPs 340	Dec 17	Dec 10	Dec 10	Dec 3	Nov 26	Nov 13
APO/FPO/DPO AP ZIPs 962–966	Dec 17	Dec 10	Dec 10	Dec 3	Nov 26	Nov 13

¹ EMMS is available to selected military/diplomatic post offices. Check with your local Post Office[™] to determine if this service is available to your APO/FPO/DPO of address.

² PAL is a service that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface price for each addressed piece sent by PAL service.

³ SAM parcels are paid at Parcel Post prices with maximum weight and size limits of 15 pounds and 60 inches in length and girth combined. SAM parcels are first transported domestically by surface and then to overseas destinations by air on a space-available basis.

International Mail Addressed To	Global Express Guaranteed [®] (GXG) ⁴	Express Mail [®] International (EMS) ⁵	Priority Mail [®] International (PMI) ⁶	First-Class Mail [®] International
Africa	Dec 19	Dec 11	Dec 3	Dec 3
Asia/Pacific Rim	Dec 18	Dec 15	Dec 10	Dec 10
Australia/New Zealand	Dec 18	Dec 15	Dec 10	Dec 10
Canada	Dec 20	Dec 17	Dec 13	Dec 10
Caribbean	Dec 19	Dec 15	Dec 13	Dec 10
Central & South America	Dec 19	Dec 11	Dec 3	Dec 3
Mexico	Dec 20	Dec 15	Dec 10	Dec 10
Europe	Dec 19	Dec 15	Dec 13	Dec 10
Middle East	Dec 19	Dec 15	Dec 13	Dec 10

⁴ GXG Notes: 1) Cutoff dates does not take into account time needed for customs clearance. 2) Should allocate extra transit day(s) for delivery outside major cities. 3) Last day to ship to Afghanistan is Dec 18 and Iraq is Dec 17. <http://pe.usps.com>, and click International Mail Manual (IMM), then Individual Country Listings. Some restrictions apply. Free shipping supplies are available

⁵ EMS is available to over 190 countries with delivery in 3 to 5 average business days. Guaranteed, money-back service is available to Australia, China, Hong Kong, Japan, and Korea (Republic of South). Flat-rate shipping options and free packaging are available. Purchase postage online and receive an 8% discount.

⁶ PMI is available to over 190 countries with delivery in 6 to 10 average business days. Flat-rate shipping options and free packaging are available. Purchase postage online and receive a 5% discount.

* Average number of days may vary based upon origin and destination.

Please post on all bulletin boards

YOU'RE INVITED!!

Budgeting for Baby



INFORMATION

This fun and interactive class is for new and prospective parents who want to learn more about the financial impact a new baby brings. You'll receive valuable tips and unique ideas to help you prepare. Topics include budgeting, local resources, insurance, college savings, and much more! All Navy, Marine-Corps, Coast Guard, and Air Force members receive wonderful layette items from the Navy-Marine Corps Relief Society and Army members are encouraged to attend.

LOCATION: Fleet & Family Support Center
1280 Leahy Road in Monterey

DATE: Last Friday of Every Month
10:00 a.m.

RSVP: IS REQUIRED!

CONTACT: Mona Weltmer 202-215-1372



Military/DOD/Student Locations:

KoKo's Café:

419 Alvarado St Monterey

Monterey Bay Aquarium:

886 Cannery Row, Monterey

Century Cinemas at Del Monte Center - Only Thursdays:

1410 Del Monte Ctr, Monterey

Dippin' Dots:

711 Cannery Row, Monterey

***McDonald's:**

610 Del Monte Avenue, Monterey

Sports Center Bicycles:

1576 Del Monte Boulevard, Seaside

Amir's Kabob House:

794 Lighthouse Avenue, Monterey

American Burgers:

738 Lighthouse Avenue, Monterey

Myo Yogurt - also on Cannery Row:

491 Alvarado Street, Monterey

Sapporo Japanese Steakhouse:

256 Figueroa St Monterey

Lalla Grill:

1415 Del Monte Ctr, Monterey

17th Street Grille:

617 Lighthouse Avenue, Pacific Grove

Persian Grill:

675 Lighthouse Avenue, Monterey

Cold Stone Creamery

1470 Del Monte Ctr, Monterey

Islands – Bar and Grill:

300 Del Monte Ctr, Monterey

T-Mobile [GSM] - Military / Government Employees Only:

901 North Main Street, Salinas

AT&T [GSM] - Military / Government Employees Only:

400 Del Monte Center, Monterey

Verizon Wireless [CDMA] - Military / Government Employees Only:

1680 Del Monte Ctr, Ste 12g, Monterey

Sprint [CDMA] - Military / Government Employees Only:

901 North Main Street, Salinas

***Panda Express:**

1968 Del Monte Boulevard, Seaside

Chipotle Mexican Grill - Military Only

500 Del Monte Center, Monterey

Pink Berry:

316 Alvarado Street, Monterey

Monterey Black Bear:

2450 Fremont St, Monterey

Giannis Pizza:

725 Lighthouse Avenue, Monterey

Santa Lucia Café (Mon-Thur):

484 Washington Street, Monterey

Denny's:

398 Fremont St, Monterey

Baskin Robbins

406 Lighthouse Avenue, Monterey

(Or: 1534 Fremont Boulevard Seaside)

*** = Must be in uniform to receive discount**

The Naval Postgraduate School neither endorses nor has any affiliation with any of these locations. Each locations policy is subject to change. Any of the advertisements associated with the online URLs, physical advertisements or the views of these establishments do not represent the views of the United States Navy, nor are in anyway endorsed, encouraged, or a part of the United States Navy. We accept no liability if you encounter any problems regarding these establishments or anything related to this form. Please email this address if any of these establishments do not or no longer provide military/student discounts, or if you are requesting to be added to this list: amwekell@nps.edu. This was last updated: Aug 3rd, 2012



From the Monterey Bay Officers' Spouses Club President

Hello Everyone!

I hope you had a great Thanksgiving! Your MBOSC has not let the hustle and bustle of the holidays slow it down. All of our special interest groups and committees are meeting and making this club great. I hope you will participate when you are able.

The December social will be upon us before you know it. If this is anything like last year's event, you will have a lot of fun! In January we will welcome our new spouses, and we may even have another social that month!



On February 9, we will be holding our annual Sip the Peninsula Wine and Beer Tasting and Silent Auction fundraiser. All of the proceeds from the event will go to our Scholarships and Charitable Donations fund. Last year our generous patrons helped us raise over \$10,000! I hope to make this event even more successful so that we can give back even more to the community. Tickets will go on sale in January. We need all the help we can get with the event, so if you would like to volunteer please let the event chairs know by emailing sipthepeninsula@montereybayosc.com. You can donate a few hours to help sell tickets or to help pick up items donated to the auction. We will also need volunteers for set up and clean up on the day of the event.

I am sad when I think of those people who have made a huge impact on MBOSC and are PCS'ing this month. I cannot thank them enough for all they have done for the club, and it has truly been an honor working with them. Thank you to **Hayley Stoebner**, our Doggie Play Group Chair and Beer Tasting Coordinator; **Brandy Malone**, our Hospitality, Craft Fair, and Meals for Moms Chairs; **Christy Hodermarsky**, our Membership Chair; and **Carrie Tille**, our Bargain Fair Chair and Webmaster. It has been an absolute pleasure working with you and your contributions have made a difference for this organization. Fair winds and following seas!

If you would like to volunteer and help your club, we have many opportunities for you. Several committees and special interest groups are lacking chairs, and we will be looking to replace our officers this spring. Let me know if you are interested in any of the positions.

You can always check our website -- montereybayosc.com -- for information. We also have two Facebook pages, one that is open to the public and one that is for members only. If you are a member and a Facebook user, please request to join the closed group.

I wish you the best for the upcoming holiday season and the new year. I hope you have a wonderful time wherever you may celebrate the holidays. You are important to me as well as to countless others, so if you choose to drink, please designate a driver. Taxis are cheaper than lives.

As always, feel free to contact me with any questions or concerns.

- Molly

Molly Evans

President, MBOSC



Calendar of Events



December 2012

Sun Mon Tue Wed Thu Fri Sat

						1
2	3	4	5	6	7	8
9	10	11	12	13	14 NPS Fall Quarter Graduation Ceremony	15 MWR Teddy Bear Tea 2-5 pm
16	17	18	19	20 Cinemark Movie Night	21	22
23	24	25 Merry Christmas!	26	27	28	29
30	31					

****For more information on the events listed, please check out**

<https://www.facebook.com/pages/NSA-Monterey-MWR-Community-Activities/190020961078902?sk=events>

AND <http://www.mbaykids.com/happenings.asp>

FFSC Workshops *Classes are free of charge. Space is limited. Please call ahead of time to reserve a spot. All classes are held at the FFSC- La Mesa Housing Community, 1280 Leahy Road, unless otherwise indicated. **Childcare is available but must be arranged no later than 5 days prior to*

The following are available by appointment ONLY:

- Resume and Federal Application Review
- Family Employment Readiness Program
- Individual Relocation Counseling
- Individual Financial Counseling
- Individuals, Couples & Family Counseling

FAMILY & LIFESKILLS

Couples Communication:
Mon, Dec 3, 3–5pm

Military Basics for New Spouses:
Tue, Dec 11, 10-11:30am

Stress/Time Management:
Thu, Dec 6, 10-11:30am

Anger Management:
Thu, Dec 13, 10-11:30am

FINANCIAL MANAGEMENT

Million-Dollar Sailor:
Saturdays, 8am–4pm **

Car Buying Strategies (New/Used):
Tue, Dec 18, 10am–12pm

Credit Management:
Wed, Dec 5, 1–3pm

Investment and Saving II:
Wed, Dec 12, 1–3pm

RELOCATION

Smart Move (Transferring/PCS):
Fri, Dec 14, 10-11:30am

DEPLOYMENT

Mid-Deployment/Mobility Briefing:

Fri, Nov 23, 1–3pm

Post-Deployment Return & Reunion:

Fri, Dec 28, 1–3pm

IA Spouse Discussion/Support Group Meeting:

Wed, Dec 12, 11am–12pm

TRANSITION

TAP (Transition Assistance Program) Workshop (Must Register to attend)

Tue-Fri Nov 13-16, 9am–5pm

COMMAND SPECIFIC PROGRAMS

SEXUAL ASSAULT/DOMESTIC VIOLENCE SAPR (SAVI)

SAPR (SAVI) Advocate Initial Training

Mon-Thu, Dec 17-20, 8am-4pm

Interviewing Skills

Thu, Dec 6, 4–6pm

Resume Writing

Thu, Dec 20, 4–6pm

The following are available upon request:

- SAPR POC Training
- SAPR Liaison Training
- SAPR DCC Training
- Sponsor Training
- Ombudsman
- New Parent Support Home Visitor

****= Located at Defense Language Institute, CIDD (Bldg 629A), Kendall Hall**

Monterey Volunteer Opportunities

Enhance your résumé by volunteering!

Volunteering is a great option for military spouses because of our mobile lifestyle. Why should you consider becoming a volunteer? Here are 3 reasons:

1. **Make contacts:** You will meet many new people to add to your personal and professional network.
2. **Do what you love:** As a volunteer, you have the capacity to do work that strongly interests you. This will keep you engaged.
3. **Find a job:** Time spent volunteering can be converted into strong résumé bullets which will be helpful during your job search.

Of course there are more than 3 reasons to volunteer. You will discover many more once you find an opportunity that is right for you. Not sure where to look? There are many opportunities available within the Monterey area. Also, if you are a member of the Monterey Bay Officer Spouses' Club, you can learn about more job and volunteer opportunities by joining the Career Enhancement Group.

For more information, contact Sophia Marshall at careerenhancement@montereybayosc.com.

Volunteer Opportunities:

Monterey Peninsula Schools	In classrooms, libraries and after school
American Red Cross	Instructors - Disaster Assistance, CPR & First Aid, Office Work, and Community Events
Monterey Bay Aquarium	Husbandry, Guides, Camp-in, Diver, Wild about Otters
SPCA	Benefit Shop, Wildlife Center, Fundraising, Clerical Support
Alliance on Aging	Friendly Visitor, Driver/Escort, Specialty Program Volunteer
American Cancer Society	Discovery Shop, Clerical, Transportation, Speakers Bureau
Friends of the Sea Otter	Retail, Outreach Assistant
CHOMP	Auxiliary, Hospice, Volunteer Chapter
Girl Scouts	Leaders, Assistant Leaders
Boy Scouts	Leaders, Assistant Leaders